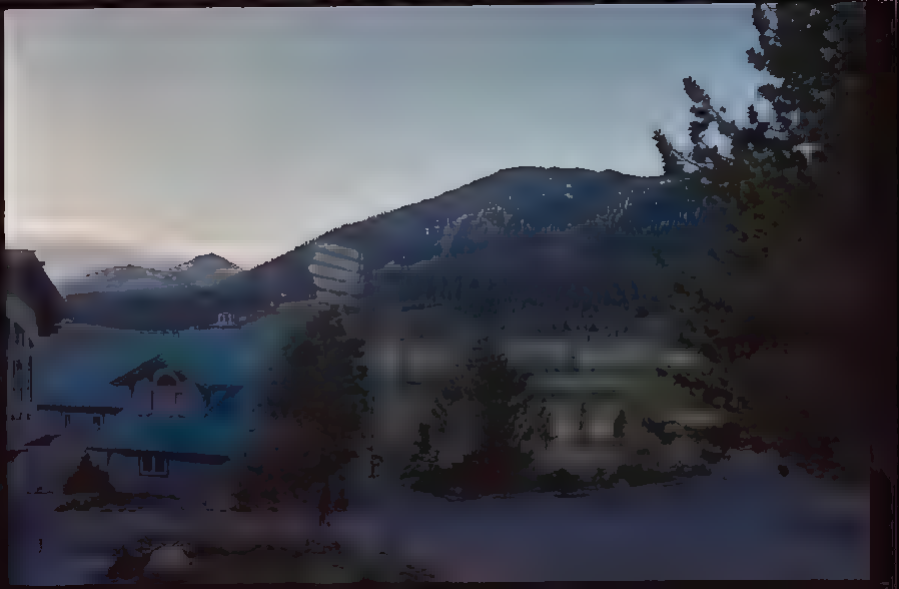R-BOB